【少林传统功夫系列丛书】

Shaolin Traditional Kungfu Series Books

罗汉拳

Arhat Boxing

耿军 著

Written by Geng Jun

人民体育出版社

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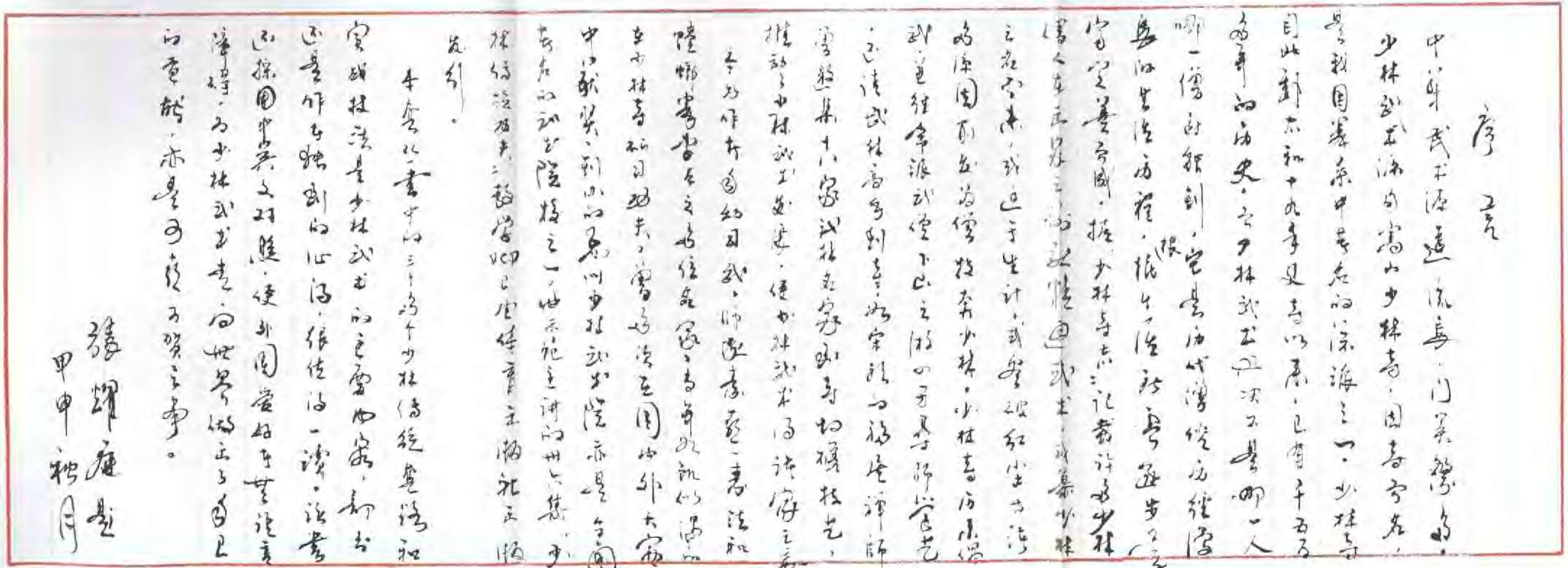
序



▲张耀庭——原中国武术协会主席，国家武术研究院院长　Zhang Yaoting, the former Chairman of China Wushu Association, President of State Wushu Research Institute

Preface

Chinese Wushu is originated from ancient time and has a long history, it has various styles.

Shaolin Wushu named from the Shaolin Temple of Songshan Mountain, it is one of the famous styles in the Chinese boxing genre. Shaolin temple has more than 1500 years of history since its establishment in the 19th year of North Wei Taihe Dynasty. No one genre of Shaolin Wushu is created solely by any person or monk, but completed gradually by Buddhist monks and common people from generation to generation through long-lasting living course according to the requirements of life. As recording of Record of Shaolin Temple, many Shaolin Buddhist monks had already got a mastery of Wushu before they became a Buddhist monk, they came to Shaolin for tonsure to be a Buddhist monk due to many reasons such as admiring for the name of Shaolin, or by force of life or seeing through thevanity of life. The Shaolin Temple always promotes Wushu and frequently appoints Wushu Buddhist monks to go down the mountain to roam around for searching masters and learning Wushu from them. It also invites Wushu experts to come to the temple, such as Buddhist monk Fuju of Song Dynasty, it once invited Wushu famous exports of 18 schools to come to the temple to make skill interchange, which promoted the development of Shaolin Wushu and made it absorb advantages of all other schools.

The author learned from many famous exports such as Suxi, Sufa and Li Zhanyuan of Mantis Boxing, he studied Chinese boxing eagerly in Shaolin Temple, and got lots of awards both at home and abroad, he also set up the Mengzhou Shaolin Wushu Institute, which is one of the most famous Wushu institutes around China. He makes demonstration and teaching in the 36 volumes teaching VCD of Shaolin Traditional Wushu, which have been published by Peoples sports Audio Visual publishing house.

There are more than 30 traditional Shaolin routines and practical techniques in this series of books, which are the main content of Shaolin Wushu, and part of which is the original things learned by the author, it is worthy of reading. The series books adopt Chinese and English versions, make foreign fans have no language barrier, and make contribution to Shaolin Wushu going to the world, which is delighting and congratulating thing.

Titled by Zhang Yaoting

▲作者的少林拳 Shaolin Boxing of the Author

▲武术杂志封面上的耿军
Geng Jun on the Cover of Wushu Magazine

▲英国武术代表团访问孟州少林武术院
The British Martial Arts Visitors visited the Mengzhou Shaolin Wushu Institute

▲作者教授罗汉拳
The Author is teaching the Arthat Bosing

▲作者与中国政协副主席万国权
The Author and the vice Chairman of the Chinese People's Political Consultative Confrernce(CPPCC)Wan Guoquan.

▲作者与武僧教头德扬师兄在捶谱堂
In Chuipu Hall, the author and his senior fellow apprentice who is also the wushu monk-teacher deyang

作者简介

耿军（法号释德君），1968年11月出生于河南省孟州市，系少林寺三十一世皈依弟子。中国武术七段、全国十佳武术教练员、中国少林武术研究会副秘书长、焦作市政协十届常委、济南军区特警部队特邀武功总教练、洛阳师范学院客座教授、英才教育集团董事长。1989年创办孟州少林武术院、2001年创办英才双语学校。先后获得河南省优秀青年新闻人物、全国优秀武术教育家等荣誉称号。

1983年拜在少林寺住持素喜法师和著名武僧素法大师门下学艺，成为大师的关门弟子。后经素法大师引荐，又随螳螂拳一代宗师李占元、金刚力功于宪华等大师学艺。在中国郑州国际少林武术节、全国武林精英大赛、全国武术演武大会等比赛中6次获得少林武术冠军；在中华传统武术精粹大赛中获得了象征少林武术最高荣誉的“达摩杯”一座。他主讲示范的36集《少林传统功夫》教学片已由人民体育音像出版社出版发行。他曾多次率团出访海外，在国际武术界享有较高声誉。

他创办的孟州少林武术院，现已发展成为豫北地区最大的以学习文化为主，以武术为办学特色的封闭式、寄宿制学校，是中国十大武术教育基地之一。

Brief Introduction to the Author

Geng Jun (also named Shidejun in Buddhism) , born in Mengzhou City of Henan Province, November 1968, is a Buddhist disciple of the 31st generation, the 7th section of Chinese Wu shu, national "Shijia" Wu shu coach, Vice Secretary General of China Shaolin Wu shu Research Society, standing committee member of 10th Political Consultative Conference of Jiaozuo City, invited General Kungfu Coach of special police of Jinan Military District, visiting professor of Luoyang Normal University, and Board Chairman of Yingcai Education Group. In 1989, he established Mengzhou Shaolin Wu shu Institute; in 2001, he established Yingcai Bilingual School. He has been successively awarded honorable titles of "Excellent Youth News Celebrity of Henan Province", "State Excellent Wu shu Educationalist", etc

In 1983, he learned Wu shu from Suxi Rabbi, the Abbot of Shaolin Temple, and Grandmaster Sufa, a famous Wu shu monk, and became the last disciple of the Grandmaster. Then recommended by Grandmaster Sufa, he learned Wu shu from masters such as Li Zhanyuan, great master of mantis boxing, and Yu Xianhua who specializes in Jingangli gong. He won the Shaolin Wu shu champion for 6 times in China Zhengzhou International Wu shu Festival, National Competition of Wu lin Elites, National Wu shu Performance Conference, etc., and one "Damo Trophy" that symbolizes the highest honor of Shaolin Wu shu in Chinese Traditional Wu shu Succinct Competition. 36 volumes teaching VCD of Shaolin Traditional Wu shu has been published and issued by People's Sports Audio Visual Publishing House. He has led delegations to visit overseas for many times, enjoying high reputation in the martial art circle of the world.

Mengzhou Shaolin Wu shu Institute, established by him, has developed into the largest enclosed type boarding school of Yubei (north of Henan Province) area, which takes knowledge as primary and Wu shu as distinctiveness, also one of China's top ten Wu shu education bases.

序 言

中华武术源远流长，门类繁多。

少林武术源自嵩山少林寺，因寺齐名，是我国拳系中著名的流派之一。少林寺自北魏太和十九年建寺以来，已有一千五百多年的历史。而少林武术也决不是哪一人哪一僧所独创，它是历代僧俗历经漫长的生活历程，根据生活所需逐步丰富完善而成。据少林寺志记载许多少林僧人在出家之前就精通武术或慕少林之名而来或迫于生计或看破红尘等诸多原因削发为僧投奔少林，少林寺历来倡武，并经常派武僧下山，云游四方寻师学艺。还请武林高手到寺，如宋朝的福居禅师曾邀集十八家武林名家到寺切磋技艺，推动了少林武术的发展，使少林武术得诸家之长。

本书作者自幼习武，师承素喜、素法和螳螂拳李占元等多位名家，当年如饥似渴在少林寺研习功夫，曾多次在国内外大赛中获奖。创办的孟州少林武术院亦是全国著名的武术院校之一，他示范主讲的36集《少林传统功夫》教学VCD已由人民体育音像出版社发行。

本套丛书的三十多个少林传统套路和实战技法是少林武术的主要内容，部分还是作者独到心得，很值得一读，该书还采用中英文对照，使外国爱好者无语言障碍，为少林武术走向世界做出了自己的贡献，亦是可喜可贺之事。

张耀庭题

甲申秋月

说 明

（一）为了表述清楚，以图像和文字对动作作了分解说明，练习时应力求连贯衔接。

（二）在文字说明中，除特别说明外，不论先写或后写身体的某一部分，各运动部位都要求协调活动、连贯衔接，切勿先后割裂。

（三）动作方向转变以人体为准，标明前后左右。

（四）图上的线条是表明这一动作到下一动作经过的线路及部位。左手、左脚及左转均为虚线（------►）；右手、右脚及右转均为实线（——►）。

Instructions

(I) In order to explain clearly, figures and words are used to describe the actions in multi steps. Try to keep coherent when exercising.

(II) In the word instruction, unless special instruction, each action part of the body shall act harmoniously and join coherently no matter it is written first or last, please do not separate the actions.

(III) The action direction shall be turned taking body as standard, which is marked with front, back, left or right.

(IV) The line in the figure shows the route and position from this action to the next action. The left hand, left foot and turn left are all showed in broken line (------►); the right hand, right foot and turn right are all showed in real line (——►).

基本步型与基本手型

Basic stances and Basic hand forms

图 1

图 2

图 3

图 4

图 5

图 6

图 7

图 8

图 9

图 10

图 11

图 12

图 13

图 14

图 15

图 16

图 17

图 18

图 19

图 20

图 21

基本步型

少林武术中常见的步型有：弓步、马步、仆步、虚步、歇步、坐盘步、丁步、并步、七星步、跪步、高虚步、翘脚步 12 种。

弓步：俗称弓箭步。两腿前后站立，两脚相距本人脚长的 4~5 倍；前腿屈至大腿接近水平，脚尖微内扣不超过 5°；后腿伸膝挺直，脚掌内扣 45°。（图 1）

马步：俗称骑马步。两脚开立，相距本人脚长的 3~3.5 倍，两脚尖朝前；屈膝下蹲大腿接近水平，膝盖与两脚尖上下成一条线。（图 2）

仆步：俗称单叉，一腿屈膝全蹲，大腿贴紧小腿，膝微外展，另一腿直伸平仆接近地面，脚掌扣紧与小腿成 90°夹角。（图 3）

虚步：又称寒鸡步。两脚前后站立，前后相距本人脚长的 2 倍；重心移至后腿，后腿屈膝下蹲至大腿接近水平，脚掌外摆 45°；前腿脚尖点地，两膝相距 10 厘米。（图 4）

歇步：两腿左右交叉，靠拢全蹲；前脚全脚掌着地，脚尖外展，后脚脚前掌着地，臀部微坐于后腿小腿上。（图 5）

坐盘步：在歇步的形状下，坐于地上，后腿的大小腿外侧和脚背均着地。（图 6）

丁步：两腿并立，屈膝下蹲，大腿接近水平，一脚尖点地靠拢另一脚内侧脚窝处。（图 7）

并步：两腿并立，屈膝下蹲，大腿接近水平。（图 8）

七星步：七星步是少林七星拳和大洪拳中独有的步型。一脚内侧脚窝内扣于另一脚脚尖，两腿屈膝下蹲，接近水平。（图 9）

跪步：又称小蹬山步。两脚前后站立，相距本人脚长的 2.5 倍，前腿屈膝下蹲，后腿下跪，接近地面，后脚脚跟离地。（图 10）

高虚步：又称高点步。两脚前后站立，重心后移，后腿脚尖外摆 45°，前腿脚尖点地，两脚尖相距一脚距离。（图 11）

翘脚步：在七星螳螂拳中又称七星步，两腿前后站立，相距本人脚长的 1.5 倍，后脚尖外摆 45°，屈膝下蹲，前腿直伸，脚跟着地，脚尖微内扣。（图 12）

基本手型

少林武术中常见的手型有拳、掌、钩3种。

拳：分为平拳和透心拳。

平拳：平拳是武术中较普遍的一种拳型，又称方拳。四指屈向手心握紧，拇指横屈扣紧食指。（图13）

透心拳：此拳主要用于打击心窝处，故名。四指并拢卷握，中指突出拳面，拇指扣紧抵压中指梢节处。（图14）

掌：分为柳叶掌、八字掌、虎爪掌、鹰爪掌、钳指掌。

柳叶掌：四指并立，拇指内扣。（图15）

八字掌：四指并立，拇指张开。（图16）

虎爪掌：五指分开，弯曲如钩，形同虎爪。（图17）

鹰爪掌：又称锁喉手，拇指内扣，小指和无名指弯曲扣于掌心处，食指和中指分开内扣。（图18）

钳指掌：五指分开，掌心内含。（图19）

钩：分为钩手和螳螂钩。

钩手：屈腕，五指自然内合，指尖相拢。此钩使用较广，武术中提到的钩均为此钩。（图20）

螳螂钩：又称螳螂爪，屈腕成腕部上凸，无名指、小指屈指内握，食指、中指内扣，拇指梢端按贴于食指中节。（图21）

Basic stances

Usual stances in Shaolin Wushu are: bow stance, horse stance, crouch stance, empty stance, rest stance, cross-legged sitting, T-stance, feet-together stance, seven-star stance, kneel stance, high empty stance, and toes-raising stance, these twelve kinds.

Bow stance: commonly named bow-and-arrow stance. Two feet stand in tandem, the distance between two feet is about four or five times of length of one's foot; the front leg bends to the extent of the thigh nearly horizontal with toes slightly turned inward by less than 5°; the back leg stretches straight with the sole turned inward by 45°. (Figure 1)

Horse stance: commonly named riding step. two feet stand apart, the distance between two feet is 3~3.5 times of length of one's foot, with tiptoes turned forward; bend knees to squat downward, with thighs nearly horizontal, knees and two tiptoes in line. (Figure 2)

Crouch stance: commonly named single split. Bend the knee of one leg and squat entirely with thigh very close to lower leg and knee outspread slightly; straighten the other leg and crouch horizontally close to floor, keep the sole turned inward and forming an included angle of 90°with lower leg. (Figure 3)

Empty stance: also named cold-chicken stance. Two feet stand in tandem, the distance between two feet is 2 times of length of one's foot; transfer the barycenter to back leg, bend the knee of the back leg and squat downward to the extent of the thigh nearly horizontal, with the sole turned outward by 45°; keep the tiptoe of front leg on the ground, with distance between two knees of 10cm. (Figure 4)

Rest stance: cross the two legs at left and right, keep them close and entirely squat; keep the whole sole of the front foot on the ground with tiptoes turned outward, the front sole of the back foot on the ground. and buttocks slightly seated on the lower leg of the back leg. (Figure 5)

Cross-legged sitting: in the posture of rest stance, sit on the ground, with the outer sides of the thigh and lower leg of the back leg and instep on the ground. (Figure 6)

T-stance: two legs stand with feet together, bend knees and squat to the extent of the thighs nearly horizontal, with one tiptoe on the ground and close to inner side of the fossa of the other foot. (Figure 7)

Feet-together stance: two legs stand with feet together, bend knees and squat to the extent of the thigh nearly horizontal. (Figure 8)

Seven-star stance: Seven-star step is a unique step form in Shaolin Seven-star Boxing and Major Flood Boxing. Keep the inner side of the fossa of one foot turned inward onto tiptoe of the other foot, bend two knees and squat nearly horizontal. (Figure 9)

Kneel stance: also named small mountaineering stance. Two feet stand in tandem, the distance between two feet is 2.5 times of length of one's foot, bend knee of the front leg and squat. kneel the back leg close to the floor, with the heel of back foot off the floor. (Figure 10)

High empty stance: also named high point stance. Two feet stand in tandem. Transfer the barycenter backward, turn the tiptoe of the back leg outward by 45°, with tiptoe of front leg on the ground, and the distance between two tiptoes is length of one foot. (Figure 11)

Toes-raising stance: also named seven-star stance in Seven-star Mantis Boxing. Two legs stand in tandem, and the distance between two legs is 1.5 times of length of

one's foot. Keep the tiptoe of back leg turned outward by 45°, bend knees and squat, straighten the front leg with heel on the ground and tiptoe turned inward slightly. (Figure 12)

Basic hand forms

Usual hand forms in Shaolin Wushu are: fist, palm and hook, these three kinds.

Fist: classified into straight fist and heart-penetrating fist.

Flat fist: a rather common fist form in Wushu, also named square fist. Hold the four fingers tightly toward the palm, and horizontally bend the thumb tc button up the fore finger. (Figure 13)

Heart-penetrating fist: mainly used for striking the heart part. Put four fingers together and coil-hold them, the middle finger thrusts out the striking surface of the fist, the thumb buttons up and presses the end and joint of the middle finger. (Figure 14)

Palm: classified into willow leaf palm, splay palm, tiger's claw palm, eagle's claw palm, fingers clamping palm.

Willow leaf palm: palm with four fingers up and thumb turned inward. (Figure 15)

Eight-shape palm: palm with four fingers up and thumb splay. (Figure 16)

Tiger's claw palm: palm with five fingers apart, bent as hook and like tiger's claw. (Figure 17)

Eagle's claw palm: also named throat locking hand, with the thumb turned inward, the little finger and middle finger turned onto palm, fore finger and middle finger apart and turned inward. (Figure 18)

Fingers clamp palm: palm with five fingers apart and

palm drawn in. (Figure 19)

Hook: classified into hook hand and mantis hook.

Hook hand: bend the wrist, five fingers drawn in naturally with fingertips together. This hook is used in wide range, the hook mentioned in Wushu refers to this. (Figure 20)

Mantis hook: also named mantis' claw, bend wrist into wrist bulge upward, the ring finger and little finger bend to hold inward, with fore finger and middle finger turned inward and end of thumb pressed on the middle joint of the fore finger. (Figure 21)

罗汉拳套路简介

Brief Introduction to the Routine Arhat Boxing

少林罗汉拳是少林寺优秀的传统套路之一。本套路由61个动作组成，演练起来刚中含柔、柔中带刚、刚柔相济、发力疾快、招法连环，动作高低起伏、疾缓、动静明显，造型上有浓厚的佛教色彩，适合有一定武术基础者演练。

Shaolin arhat boxing is one of excellent routines of traditional Shaolin Wushu. This routine consists of 61 movements. When performed or practised, it uses the temper force with grace, quick force exert, interlinked postures, with the actions heaving and setting, apparent quickness and slowness, keeping dynamic or static, and pattern with dense Buddhist color. It is suitable for the persons who has certain wushu base to perform or practise.

罗汉拳套路动作名称
Action Names of Routine Arhat Boxing

第一段 Section One

1.	预备势	Preparatory position
2.	罗汉拜佛	Arhat worships Budda
3.	马步双分掌	Separate palms in horse stance
4.	卧心拳	Fist toward the heart
5.	罗汉捺虎	Arhat restrains tiger
6.	罗汉抱印	Arhat Hugs stamp
7.	搂手弓步冲拳	Brush hand and thrust fist in bow stance
8.	弹腿冲拳	Snap kick and thrust fist
9.	弓步冲拳	Thrust fist in bow stance
10.	拧身歇步冲拳	Twist body and thrust fist in rest stance
11.	马步架打	Parry and punch in horse stance
12.	砍掌踹腿	Palm chop and side heel kick
13.	退步两掌	Step back and push palm twice
14.	丁步下栽拳	Insert fist down in T-stance
15.	虎尾脚	Tiger-tail foot
16.	劈腿	Leg split
17.	罗汉睡觉	Arhat sleeps

第二段 Section Two

18. 拉弓捶 Bow-pulling hammer
19. 金刚捣臼 Buddha's warrior attendant pounds mortar
20. 罗汉蹲桩 Arhat squats as the stake
21. 狮子抖毛 Lion shakes hair
22. 黑虎掏心 Black tiger draws out heart
23. 提膝推掌 Lift knee and push palm
24. 凤凰夺窝 Phoenix captures nest
25. 左右穿心肘 Left and right elbows pierce heart
26. 独龙出洞 Single dragon comes out of cave
27. 追风炮 Cannon chasing the wind
28. 卧枕 Rest on the pillow
29. 端枪式 Holding gun position
30. 追蛇入洞 Chase the snake into cave
31. 虎尾脚 Tiger -tail foot
32. 二起脚 Jumping kick twice
33. 丁步亮掌 Flash palm in T-stance

第三段 Section Three

34. 龙盘窝 Dragon entrenches on cave
35. 仙人照镜 Immortals looks intc mirror
36. 迎面沙 Head-on sands
37. 分掌箭弹 Separate palms and thrust kick
38. 双龙出洞 Two dragons come out of the cave
39. 坐莲听经 Listen to the sutra on the lotus seat

40. 罗汉托天　　Arhat holds the sky
41. 罗汉下山　　Arhat goes down the hill
42. 左右采脚　　Slap left and right feet
43. 二起脚　　Jumping kick twice
44. 云顶　　Cloud top
45. 七星　　Seven star
46. 马步单鞭　　Single whip in horse stance

第四段　Section Four

47. 拦腰双撅　　Grasp waist for double punches
48. 小鬼提鞋　　Ghost lifts shoe
49. 窝心肘　　Elbow toward the heart
50. 反背捶　　Backhand hammer
51. 连环五拳　　Interlink five fists
52. 翻身连珠炮　　Cannons in succession with turning-over
53. 回身两拳　　Tturn body and punch twice
54. 罗汉步云　　Arhat steps on the cloud
55. 击地炮　　Ground cannon
56. 云顶　　Cloud top
57. 七星　　Seven star
58. 马步单鞭　　Single whip in horse stance
59. 二起脚　　Jumping kick twice
60. 五花坐山　　Swing arms with horse stance
61. 收势　　Closing form

图 1

罗汉拳套路动作图解

Action Illustrations of Routine Arhat Boxing

第一段 Section One

1. 预备势 Preparatory position

（1）两脚并立；两手自然下垂，五指并拢，贴于体侧；目视前方。（图 1）

(1) Stand upright with feet together, two hands drop naturally, five fingers put to gether and keep close to the side of the body respectively. Eyes look forward. (Figure 1)

图 2

（2）左脚向身体左侧横跨半步；同时，两手上提变拳，抱于两腰间；目视左方。（图 2）

要点：身体正立，挺胸塌腰，头正颈直，挺胸收腹，抱拳迅速。

(2) The left foot strides a half-step horizontally to the left, at the same time two hands lift upward and change into fists, then hold on the waist. Eyes look leftward. (Figure 2)

Key points: the body stands up, with chest lifting and waist down-ward, head being correctitude and neck straight. Lift the chest, draw in the abdomen and hold fists quickly.

图 3

2. 罗汉拜佛 Arhat worships Budda

（1）接上势。两拳变掌，掌心向下，由身体两侧向上划掌，至与肩同高时，两掌上翻为掌心向上，然后继续划至头顶，掌心相对，掌指向上；目视上方。（图 3）

(1) Follow the above posture, change two fists into palms with the palms downward, swing palms upward from the both sides of the body at the shoulders level, two palms turn up with the palms up, then continue to swing to the head top, with the palms opposite and the fingers up. Eyes look forward. (Figure 3)

图 4

（2）上动不停。右腿独立，左腿收回，左脚踝放于右膝盖上；同时，向下蹲身；双掌合十，自头顶下落于胸前；目视前方。（图 4）

(2) Don't stop the above action, the right leg stands alone and draw back the left one, and the left ankle puts on the right knee. At the same time, squat the body; bring two palms together and lower to the front of chest from the head top. Eyes look forward. (Figure 4)

图 5

3.马步双分掌

Separate palms in horse stance

接上势。左腿向左侧落地成马步；同时，两掌内翻，使掌心朝向面部，然后两掌再外翻，向身体两侧分掌平推；目视左掌。（图 5）

Follow the above posture, the left leg falls to the ground leftward and change into the horse stance. At the same time, two palms turn inward, with the palms toward the face, then turn two palms outward, separate palms for horizontal push toward the both sides of the body. Eyes look at the left palm. (Figure 5)

图 6

4. 卧心拳 Fist toward the heart

（1）接上势。身体左转 90°，重心前移成左弓步；同时，左臂外旋微屈，左手抓握成拳，拳心朝上，拳眼朝左，高与肩平；右掌变拳抱于右腰间，拳心朝上。（图 6）

(1) Follow the above posture, turn the body 90° to the left, shift the barycenter forward and change into the left bow stance. At the same time, whirl the left arm outward and bend it slightly. Clench the left hand and change into the fist with the fist-palm up, the fist-hole leftward and at the shoulder level. Change the right palm into fist and put on the right waist with the fist-palm up. (Figure 6)

图 7

（2）上动不停。右脚向前上步，震脚成蹲步；同时，左拳屈臂回收；右拳经左前臂内侧向前上方抄拳，拳心向里，高与肩平；左拳拳心贴于右肘外侧，拳眼斜向上；发"嗯"声，目视前方。（图 7）

(2) Don't stop the above action, the right foot steps forward, stamp foot into the squat stance. At the same time, bend the arm to draw back the left fist while lifting the right fist upward through the inner side of the left arm with the fist-palm inward at the shoulder level. Close the left fist-palm to the outer side of the right elbow with the fist-hole upward aslant. Make the sound of "en" and eyes look forward. (Figure 7)

图 8

5. 罗汉捺虎 Arhat restrains tiger

（1）接上势。身体起立，右腿抬起，向前弹腿踢出；同时，右拳收回腰间；左拳变掌，向前横掌推出，高与肩平；目视左掌。（图 8）

(1) Follow the above posture, the body stands up, lift the right leg, do snap kick forward. At the same time, draw back the right fist on the waist; change the left fist into palm and push forward with horizontal palm at the shoulder height. Eyes look at the left palm. (Figure 8)

图 9

（2）上动不停。左脚小跳，右脚落地，屈膝下蹲，左脚向左侧铲出，平仆成左仆步；同时，右拳变掌，两掌内翻，经胸前下按拍击地面，两掌十指尖相对，身体略前俯；目视两掌指尖。（图 9）

(2) Keep the above action, the left foot jumps slightly, the right foot lands to the ground, and bend knee for squatting down; the left foot shovels out leftward, and crouch forward into the left crouch stance. At the same time, change the right fist into palm, two palms turn inward, press down and slap the ground through the front of the chest, with ten finger tips of two palms opposite. The body bows forward lightly and eyes look at the finger tips of two palms. (Figure 9)

图 10

6. 罗汉抱印 Arhat Hugs stamp

（1）接上势。重心左移成马步；同时，右掌向后回环划弧，屈臂收于胸前，掌心朝下；左掌向前划弧内翻，屈臂上提，成掌心朝上；右掌在左臂肘上方，左掌在右臂肘下方；目视右掌指。（图 10）

(1) Follow the above posture, shift the barycenter leftward into the horse stance. At the same time, turn the right palm backward and pull an arc, bend the arm and draw back in front of the chest with the palm down; the left palm pulls an arc forward and turns inward, bend the arm and lift it with the palm up. Put the right palm above the elbow of the left arm while the left palm under the elbow of the right arm. Eyes look at the fingers of the right palm. (Figure 10)

图 11

（2）上动不停。右脚向左脚内侧并步，身体起立；同时，两肘向身体两侧分拉横击，两掌掌心在胸前上下相对；目视左侧。（图 11）

(2) Don't stop the above action, move the right foot toward the inner side of the left foot, and the body stands up. At the same time, pull the two elbows toward the both sides of the body for the horizontal punch. The two palms are opposite up and down in front of the chest. Eyes look at the left side. (Figure 11)

图 12

7. 搂手弓步冲拳

Brush hand and thrust fist in bow stance

接上势。身体左转 90°，左脚向前上一步成左弓步；左掌外搂变拳回抱腰间；右掌变拳，随身体左转之势，自右腰间向前方冲出；目视右拳。（图 12）

Follow the above posture, the body turns 90° to the left. The left foot takes a step forward to make a left bow stance, the left palm grabs outward, then change it into fist and hold on the waist. Change the right palm into fist, and punch forward from the waist with the body turning to the left. Eyes look at the right fist. (Figure 12)

图 13

8. 弹腿冲拳 Snap kick and thrust fist

接上势。重心前移，左腿直立，右腿向前弹踢；同时，右拳屈臂收回腰间，拳心朝上；左臂内旋，左拳向前方冲拳，高与肩平；目视左拳。（图 13）

Follow the above posture, shift the barycenter forward, straighten the left leg, the right leg does the snap kick forward.At the same time, bend the arm and draw back the right fist on the waist with the fist-palm up; rotate the left arm inward, the left fist punches forward, at the shoulder height. Eyes look at the left fist. (Figure 13)

图 14

9. 弓步冲拳 Thrust fist in bow stance

接上势。右脚向后下落，成左弓步；同时，左拳收回腰间，拳心向上；右拳向前冲拳，拳心向下，高与肩平；目视右拳。（图 14）

Follow the above posture, the right foot lands down backward into the left bow stance. At the same time, draw back the left fist on the waist with the fist-palm up; the right fist punches forward with the fist-palm downward at the shoulder height. Eyes look at the right fist. (Figure 14)

图 15

10. 拧身歇步冲拳

Twist body and thrust fist in rest stance

（1）接上势。上身姿势不变；左脚略回收，以右脚跟为轴，右转身 270°；右拳直臂随转身平摆；两腿成交叉步；目视前方。（图 15、图 15 附图）。

图 15 附图

(1) Follow the above posture, keep the posture of the upper body unchangeable. Draw back the left foot slightly and the body turns 270° to the right with the right heel as the pivot. Erect the arm, swing the right fist horizontally with the rotation of the body. Change two legs into the cross stance. Eyes look forward. (Figure 15, Attached figure 15)

图 16

（2）上动不停。身体下蹲成歇步；同时，左拳向前平冲，高与肩平；右拳收回腰间；目视左拳。（图 16、图 16 附图）

要点：拧身轻灵快捷，冲拳迅猛有力，力达拳面。

图 16 附图

(2) Don't stop the above action, the body squats downward into the rest stance. At the same time, the left fist punches forward horizontally at the shoulder level; draw back the right fist on the waist. Eyes look at the left fist. (Figure 16, Attached figure 16)

Key points: twist the body lightly, smartly and quickly, strike forward rapidly and forcefully with the force reaching the fist-plane.

图 17

11. 马步架打

Parry and punch in horse stance

（1）接上势。身体起立，左腿提起，左脚扣于右膝后；同时，左拳收回腰间；右拳变掌，经胸前向左侧砍掌，高与胯平；目视右掌。（图 17）

(1) Follow the above posture, the body stands up, lift the left leg and the left foot pressed behind the back of the right knee. At the same time, draw back the left fist on the waist; change the right fist into palm and chop leftward through the front of the chest at the hip level. Eyes look at the right palm. (Figure 17)

图 18

（2）上动不停。左脚向左侧落步成马步；同时，右掌翻掌上架于头前上方；目视左拳。（图 18）

(2) Don't stop the above action, the left foot lands leftward into the horse stance. At the same time, turn the right palm to raise over the front of the head. Eyes look at the left fist. (Figure 18)

图 19

12. 砍掌踹腿 Palm chop and side heel kick

（1）接上势。身体提起，左转身 180°；同时，右掌抡臂向前砍掌，掌心向上，掌指向前，略高于肩；左拳屈臂回收于右腋下，拳心向下；目视右掌。（图 19）

(1) Follow the above posture, uplift the body and turn it 180° to the left. At the same time, swing the arm and the right palm chops forward with the palm up and the fingers forward, higher than the shoulder slightly; bend the arm and draw back the left fist under the right armpit with the fist-palm downward. Eyes look at the right palm. (Figure 19)

图 20

（2）上动不停。抬右脚向右侧踹腿；同时，左肘后拉，左拳置于左肩前，拳心向下；右掌屈臂收回，随即翻掌向右侧推出，掌心向右，高与眼平；目视右脚。（图 20）

(2) Don't stop the above action, lift the right foot for the side heel kick rightward. At the same time, pull back the left elbow, put the left fist before the left shoulder with the fist-palm down; bend the arm and draw back the right palm, then turn the palm and push it rightward at once with palm rightward at eye level. Eyes look at the right foot. (Figure 20)

图 21

13. 退步两掌

Step back and push palm twice

（1）接上势。右脚下落，身体左转 90°；同时，左拳收回腰间，拳心向上；右掌向前方平推，掌指向上，高与肩平；目视右掌。（图 21）

(1) Follow the above posture, the right foot fall down and the body turns 90° to the left. At the same time, draw back the left fist on the waist with the fist-palm upward; push the right palm forward horizontally with the fingers of the palm upward at the shoulder height. Eyes look at the right palm. (Figure 21)

图 22

（2）上动不停。左脚向后退一步，脚尖点地成交叉步；同时，右掌收回腰间，拳心向上；左拳变掌向前平推，掌指向上，高与肩平；目视左掌指。（图 22）

(2) Don't stop the above action, the left foot takes a step backward with the tiptoe on the ground to become the cross stance. At the same time, draw back the right palm on the waist with the fist-palm up; change the left fist into palm for the horizontal push forward with the fingers of the palm upward at the shoulder level. Eyes look at the fingers of the left palm. (Figure 22)

图 23

14. 丁步下栽拳 Insert fist down in T-stance

（1）接上势。右脚向后撤一步，身体右转180°；同时，右掌从身体右侧向上、向后划圆，变拳收于右腰间，拳心向上；左掌屈臂回收，经胸前向下、向外划一大圆，横掌下按于胸前，掌指向右，高与肩平；目视左掌。（图 23）

(1) Follow the above posture, the right foot takes a step backward and the body turns 180° to the right. At the same time, the right palm pulls a circle upward and backward from the right side of the body, then change it into fist and draw back it on the waist with the fist-palm up; bend the arm and draw back the left palm, pull a big circle downward and outward through the front of the chest, make the palm horizontal and press downward before the chest with the fingers rightward at the shoulder level. Eyes look at the left palm. (Figure 23)

图 24

（2）上动不停。左脚向右脚内侧上步，蹲身成左丁步；同时，左掌变拳收抱于腰间，拳心向上；右拳向前下方冲拳，拳面朝斜下方；目视右拳。（图 24）

(2) Don't stop the above action, the left foot steps toward the inner side of the right foot and squat the body into the left T-stance. At the same time, change the left palm into fist and draw it back on the waist with the fist-palm upward; the right fist strikes ahead downward with the fist-plane downward aslant. Eyes look at the right fist. (Figure 24)

图 25

15. 虎尾脚 Tiger-tail foot

接上势。右拳收回腰间，拳心向上；同时，身体微左转，左脚提起向左侧上方踹腿；目视左脚。（图 25）

要点：踹腿迅速有力，力达脚跟。

Follow the above posture, draw back the right fist on the waist with the fist-palm upward. At the same time, turn the body to the left slightly; raise the left foot for the side heel kick toward the left ahead. Eyes look at the left foot. (Figure 25)

Key points: kick quickly and forcefully with the force reaching the heel.

图 26

16. 劈腿 Leg split

（1）接上势。身体右转 90°，左脚向右脚前方落步；同时，两臂屈肘上抬，成两肘尖向外，两拳置于两耳侧，拳面相对，高与耳平；目视前方。（图 26）

(1) Follow the above posture, turn the body 90° to the right, the left foot lands to ahead of the right one. At the same time, bend the elbows to lift the arms with the tips of elbows outward, place the fists on sides of ears with the fist-planes opposite at the ear level. Eyes look forwards. (Figure 26)

图 27

（2）上动不停。右脚向前方正踢腿；同时，右拳直臂下劈于体右侧；左拳收回抱于腰间；目视右脚尖。（图 27）

要点：踢腿要高，右脚脚尖回勾。

(2) Don't stop the above action, the right foot kicks right ahead. At the same time, the right fist with straight arm hacks to the right side of the body, draw back the left fist on the waist. Eyes look at the right tiptoe. (Figure 27)

Key points: the leg shall kick highly, hook the right tiptoe back.

图 28

17. 罗汉睡觉 Arhat sleeps

（1）接上势。右脚落于左脚前方，随即左脚向前上一步，右脚尖离地成交叉步；同时，右臂向上、向前抡臂；左臂向后、向上抡臂；两臂右前左后成水平，两掌心向下；目视前方。（图 28）

(1) Follow the above posture, the right foot lands before the left one, then the left foot takes a step forward, keep the right tiptoe lift off in the cross stance. At the same time, swing the right arm upward and forward; swing the left one backward and upward. The arms in the right to front and left to back shall be horizontal with the palms down. Eyes look forward. (Figure 28)

图 29

（2）上动不停。身体下蹲成坐盘步；同时，左手经胸前变拳下栽，拳面抵于右脚踝上；右掌屈臂回收，经胸前向上抄拳，右肘支撑于左脚面；身体稍向右倾，头枕于右拳面；目视左方。（图 29）

(2) Don't stop the above action, squat the body into a cross-legged sitting. At the same time, change the left hand into fist to punch downward through the front of the chest, press the fist-plane on the right ankle; bend the arm to draw back the right palm, lift the fist upward through the front of the chest, the right elbow presses on the left instep; the body slants rightward and the head on the right fist-plane. Eyes look leftward. (Figure 29)

图 30

第二段 Section Two

18. 拉弓捶 Bow-pulling hammer

接上势。身体起立，右转 180°成马步；同时，右肘向身体右侧横拉，高与肩平，右拳置于右肩前，拳心向下；左拳经胸前向左冲拳，拳心向下，高与肩平，力达拳面；目视左拳。（图 30）

Follow the above posture, the body stands up and turns 180° to the right into the horse stance. At the same time, horizontally pull the right elbow toward the right side of the body, at the shoulder level, and put the right fist in front of the right shoulder with the fist-palm down; the left fist strikes leftward through the front of the chest with the fist-palm downward at the shoulder height, the force reaching the fist-plane. Eyes look at the left fist. (Figure 30)

图 31

19. 金刚捣臼

Buddha's warrior attendant pounds mortar

（1）接上势。身体右转 90°，随即向左转 180°成跪步；同时，左拳变掌，随身体转动在身体左侧由下向上划一圆弧，摆向身体左后方，掌心向后，掌指向下；右拳抱于腰间，随即右臂下垂，右拳向前摆于左腿前，拳面向下，拳眼向左；目视右拳。（图 31）

(1) Follow the above posture, the body turns 90° to the right, then turns 180° to the left into the kneel stance at once. At the same time, change the left fist into palm and pull a circular arc downward to upward at the left side of the body with the rotation of the body, swing to the left back of the body with the palm backward and the fingers downward; hold the right fist on the waist, then drop down the right arm immediately, make the right fist forward and put it in front of the left leg with the fist-palm downward and the fist-hole leftward. Eyes look at the right fist. (Figure 31)

图 32

（2）上动不停。左脚独立，右腿屈膝提起，高与胯平，脚尖内扣；同时，右臂屈肘上提，前臂略高于肩，拳心向外，拳眼向下；左掌内翻成掌心向斜前方，掌指向下；目视前方。（图 32、图 32 附图）

图 32 附图

(2) Don't stop the above action, the left foot stands alone, bend the knee of the right leg and lift it at the hip level, and tiptoe turns inward. At the same time, bend the elbow of the right arm and uplift it, keep the lower part of the arm higher than the shoulder slightly, with the fist-palm outward and the fist-hole down. Turn the left palm inward into the palm forward aslant and the fingers down. Eyes look forward. (Figure 32, Attached figure 32)

图 33

（3）上动不停。右脚震脚，落于左脚内侧，重心下移成蹲步；同时，左掌屈臂向腹前抄起；右拳外翻，拳背向下砸于左掌心；目视右拳。（图 33、图 33 附图）

要点：转身、抡臂要协调一致；蹲步时大腿接近水平；震脚与砸拳要同时完成，迅速有力。

图 33 附图

(3) Don't stop the above action, stamp the right foot and land at the inner side of the left foot, lower the barycenter into the squat stance. At the same time, bend the arm and lift the left palm toward the front of the abdomen; turn the right fist outward with the back of the fist down and pounding at the left palm. Eyes look at the right fist. (Figure 33, Attached figure 33)

Key points: harmonize the body turn with the arm swing; In the squat stance, the thigh shall be close to the horizontal; stamping foot and pounding fist shall simultaneously be completed rapidly and forcefully.

图 34

20. 罗汉蹲桩 Arhat squats as the stake

接上势。身体起立，左脚向左侧横跨一步，身体下蹲成马步；同时，左掌变拳，两拳向外、向上环绕，经胸前向下栽拳，两臂屈肘，拳面抵于两膝盖上，拳心向后，拳眼相对；目视左方。（图 34）

Follow the above posture, the body stands up, the left foot strides a step leftward, the body squats to become the horse stance. At the same time, change the left palm into fist, two fists circle outward and upward. Punch downward through the front of the chest, bend elbows of two arms, the fist-planes prop on the two knees, with the fist-palm backward, the fist-hole opposite. Eyes look leftward. (Figure 34)

图 35

21. 狮子抖毛 Lion shakes hair

（1）接上势。右脚蹬地跳起，向左落于左脚处，随即左脚小跳，左膝抬起；同时，右臂直臂由外向内、向前摆动，拳心朝上，略低于肩；左臂屈肘收回腰间，拳心朝上；目视前方。（图 35）

(1) Follow the above posture, the right foot jumps up from the ground, land at the part of the left foot leftward, then the left foot makes a small jump immediately, and lift the left knee. At the same time, swing the stretched right arm inward and forward from outward, with the fist-palm up, lower than the shoulder; bend elbow of the left arm and draw it back on the waist with the fist-palm up. Eyes look forward. (Figure 35)

图 36

（2）上动不停。左脚向左侧落步，向下蹲身成马步；同时，右臂屈肘，向身后顶肘，左臂微屈，向前自然摆动，拳心向上；目视左拳。（图 36）

(2) Do not stop the above action, left foot lands leftward, squat the body downward to become the horse stance. At the same time, bend the right elbow and strike it toward the back of the body, bend the left arm slightly and naturally swing forward, with the fist-palm up. Eyes look at the left fist. (Figure 36)

图 37

（3）上动不停。左臂屈肘，向身后顶肘，右臂微屈，向前自然摆动，拳心向上；目视右拳。（图 37）

(3) Do not stop the above action, bend elbow of the left arm to strike toward the back of the body, bend the right arm slightly and naturally swing forward, with the fist-palm up. Eyes look at the right fist. (Figure 37)

图 38

（4）上动不停。右臂屈肘，向身后顶肘，左臂微屈，向前自然摆动，拳心向上；目视左拳。（图 38）

(4) Do not stop the above action, bend elbow of the right arm to strike toward the back of the body, bend the left arm slightly and naturally swing forward, with the fist-palm up. Eyes look at the left fist. (Figure 38)

图 39

22. 黑虎掏心 Black tiger draws out heart

接上势。身体左转 90°，双脚跳起互换位置，重心前移至右腿，成右弓步；同时，左拳收抱于腰间；右拳从后向胸前抄拳，右臂微屈，拳心朝里，高与颌平；目视右拳。（图 39）

Follow the above posture, the body turns 90° to the left, two feet jump up and interchange positions, shift barycenter forward to the right leg and change into bow stance. At the same time, draw back the left fist and hold it on the waist; uppercut with the right fist from the back to the front of the chest, bend the right arm slightly, with the fist-palm inward, high with the jaw. Eyes look at the right fist. (Figure 39)

图 40

23. 提膝推掌 Lift knee and push palm

接上势。以右脚为轴，身体左转 180°，右脚独立，左脚提起，脚尖内扣绷直；同时，右拳变掌自右腰间向前立掌推出，掌心向前，高与肩平；左拳屈臂回拉至左肩前，拳眼朝里，拳心朝下；目视右掌。（图 40、图 40 附图）

要点：转身迅速，独立稳固，左大腿高与胯平，左右臂在同一水平。

图 40 附图

Follow the above posture, the body turns 180° to the left with the right foot as the pivot, the right foot stands alone and lift the left one, tiptoe turns inward and stretchs tight. At the same time, change the right fist into palm and push out with standing palm from the right waist to forward, with palm forward, high with the shoulder; bend arm and pull the left fist back to the front of the left shoulder, with the fist-hole inward, the fist-palm down. Eyes look at the right palm. (Figure 40, Attached figure 40)

Key points: turn around quickly, stand alone steady, keep the left thigh high with the hip, and two arms at the same level.

图 41

24. 凤凰夺窝 Phoenix captures nest

（1）接上势。左脚落于右脚左前方；同时，右掌变拳向后摆，拳心向下，略低于肩；左拳变掌，左臂伸直前摆，掌心向上，高与肩平，两臂在同一水平；目视前方。（图 41）

(1) Follow the above posture, the left foot lands at the left front of the right foot. At the same time, change the right palm into fist to swing backward, with the fist-palm down, lower than the shoulder slightly; change the left fist into palm, stretch the left arm straightly and swing forward, with the palm up, high with the shoulder, two arms at the same level. Eyes look forward. (Figure 41)

图 42

（2）上动不停。右脚经左腿内侧以脚跟擦地向前搓踢，脚尖向右上方；同时，右拳经体侧由后向前、向上挑臂外格肘；左掌经胸前下按置于右肘内侧，掌心向下，掌指向右；目视前方。（图 42）

(2) Don't stop the above action, the right foot shuffles forward with the heel through the inner side of the left leg, tiptoe turns right upward. At the same time, lift the outside elbow of the arm with the right fist through the side of the body from backward to forward and upward, press the left palm through the front of the chest and put it at the inner side of the right elbow, with the palm down, the fingers rightward. Eyes look forward. (Figure 42)

图 43

25. 左右穿心肘

Left and right elbows pierce heart

（1）接上势。重心前移，右脚向前落步；同时，左掌变拳，两拳分别从胸前经身体两侧向后摆拳，置于臀后方，两拳心相对，拳眼斜向下；目视前方。（图 43）

(1) Follow the above posture, shift the barycenter forward, the right foot lands forward. At the same time, change the left palm into fist, swing two fists backward through two sides of the body in front of the chest respectively, put them at the back of the buttocks, with two fist-palms opposite, fist-holes down aslant. Eyes look forward. (Figure 43)

图 44

（2）上动不停。两脚蹬地向前跳起，空中左转身90°，落步成偏马步；同时，左拳变掌，从外向里落于左胸前，掌心向右，掌指向上；右拳从外向内划弧，拳心向下，拳面抵于左掌心；目视右方。（图44、图44附图）

图 44 附图

(2) Don't stop the above action, two feet jump up from the ground forward, the body turns 90° to the left in the air, change the fall step into the slanting horse stance. At the same time, change the left fist into palm, fall in front of the chest from the outside to inward, with the palm turning to the right, the fingers up. The right fist pulls an arc from the outside to inward, with the fist-palm down, and the fist-plane presses on the left palm. Eyes look rightward. (Figure 44, Attached figure 44)

图 45

（3）上动不停。身体略向右转，重心右移成右弓步；同时，左掌推右拳向右前方顶肘，肘尖向右，高与肩平；目视右前方。（图 45）

(3) Don't stop the above action, the body turns to the right slightly. Shift the barycenter to the right to change into the bow stance. At the same time, the left palm pushes the right fist to strike right forward with the elbow, with elbow tip turning to the right, at the shoulder height. Eyes look right forward. (Figure 45)

图 46

（4）上动不停。身体右转 180°；左脚经右脚内侧向前上一步，重心前移成左弓步；同时，随转身右拳变掌，右肘下落；左肘抬起，左掌变拳抵于右掌心，右手推左拳向前顶肘；目视左前方。（图 46）

(4) Don't stop the above action, the body turns 180° to the right. The left foot takes a step forward through the inner side of the right foot, shift the barycenter forward and change into the left bow stance. At the same time, change the right fist into palm with the rotation of the body, and the right elbow falls down; lift the left elbow, change the left palm into fist to press the right palm. The right hand push the left fist forward to strike with the elbow. Eyes look left forward. (Figure 46)

图 47

26. 独龙出洞

Single dragon comes out of cave

接上势。右脚经左脚内侧向前上一步，重心前移成右弓步；同时，左拳变掌，经胸前向外搂，变拳抱于腰间，拳心向上；右掌自腰间向前穿掌，掌心向上，高与肩平；目视右掌。（图 47）

Follow the above posture, the right foot takes a step forward through the inner side of the left foot, shift the barycenter forward and become the right bow stance. At the same time, change the left fist into palm and grab outward through the front of the chest, then change it into the fist and hold it on the waist, with the fist-palm up; thread out the right palm forward from the waist, with the palm up, at the shoulder height. Eyes look at the right palm. (Figure 47)

图 48

27. 追风炮 Cannon chasing the wind

接上势。身体左转 180°，右脚向左脚内侧并步震脚；同时，左拳变掌，经胸前向外搂，变拳抱于腰间，拳心向上；右掌变拳，从右腰间向前冲拳，拳心向下，高与肩平；目视前方。（图 48）

Follow the above posture, turn the body 180° to the left, bring the right foot together to the inner side of the left one. At the same time, change the left fist into palm and grab outward through the front of the chest, then change it into the fist and hold on the waist with the fist–palm up; change the right palm into fist and strike forward from the right side of the waist with the fist–palm down, at the shoulder height. Eyes look forward. (Figure 48)

图 49

28. 卧枕 Rest on the pillow

接上势。身体左转 90°，两脚同时跳起，向身体两侧落步，蹲身成右弓步；同时，右拳经胸前从下向上抄抱，置于右胸前，拳心向里，拳面向上；左拳经胸前向下栽拳至裆前，拳眼向右；目视左方。（图 49）

Follow the above posture, turn the body 90° to the left, jump up with the feet together, and land to the both sides of the body, squat the body into the right bow stance. Simultaneously, lift the right fist upwards through the front of the chest from downward and place it in front of the right chest, with the fist-palm inward and the fist-plane up; punch the left fist downward to the front of the crotch through the front of the chest with the fist-hole rightward. Eyes look to the left. (Figure 49)

图 50

29. 端枪式 Holding gun position

（1）接上势。右拳变掌，在胸前向下、向左划掌，随即向外搂至右膝外侧，掌指向前，掌心向下；同时，左拳变掌，附于右肘内侧，掌指向右，掌心向下；两腿成右弓步；目视右掌指。（图 50）

(1) Follow the above posture, change the fist into palm, pull the palm downward and leftward in front of the chest, then grab it outward to the outer side of the right knee with the fingers forward and the palm downward. Simultaneously, change the left fist into palm and press it to the interior of the right elbow with the palm fingers rightward and the palm downward. Both legs form a right bow stance. Eyes look the fingers of the right palm. (Figure 50)

图 51

（2）上动不停。身体左转 90°；同时，右臂微屈，右掌变拳置于右胯处，拳心向外；左掌变拳护于胸前；目视右下方。（图 51）

(2) Don't stop the above action, turn the body 90° to the left. Simultaneously, slightly bend the right arm, change the right palm into fist and place it on the right hip with the fist-palm outward; the left palm changes into fist and guards round the chest. Eyes look the right downward. (Figure 51)

图 52

（3）上动不停。身体右转 90°，左腿独立，右腿提膝，脚尖内扣；同时，右拳屈臂上提，经胸前向前反砸，拳心向里，高与颌平；左拳附于右肘内侧，拳心向上；目视右拳。（图 52）

(3) Don't stop the above action, turn the body 90° to the right, the left leg stands alone, raise the knee of the right leg and the tiptoe turns inward. Simultaneously, bend the arm to raise the right fist, pound forward through the front of the chest with the fist-palm inward at the chin height; press the left fist to the interior of the right elbow with the fist-palm up. Eyes look at the right fist. (Figure 52)

图 53

30. 追蛇入洞 Chase the snake into cave

（1）接上势。右脚向前落地，身体下蹲成跪步；同时，右拳收回腰间，随即再向前下方冲拳，拳心向下；左拳收回腰间，拳心向上；目视右拳。（图 53）

(1) Follow the above posture, the right foot falls to the ground forward, and squat the body to the kneel stance. Simultaneously, draw back the right fist on the waist, then strike front downward with the fist-palm down; draw back the left fist on the waist with the fist-palm up. Eyes look at the right fist. (Figure 53)

图 54

（2）上动不停。左脚向前上步，仍成跪步；同时，右拳抱于腰间，拳心向上；左拳向前下方冲拳，拳面朝斜下方；目视左拳。（图 54）

(2) Don't stop the above action, the left foot steps forward, and still keeps the kneel stance. Simultaneously, hold the right fist on the waist with the fist-palm up; the left fist strike ahead downward with the fist -plane downward aslant. Eyes look at the left fist. (Figure 54)

图 55

31. 虎尾脚 Tiger-tail Foot

接上势。身体提起，左腿独立；同时，右腿向右后方踹出；目视右脚。（图 55）

要点：左腿独立，重心要稳固，右踹腿要高，力达脚跟。

Follow the above posture, raise the body with the left leg standing alone. Simultaneously, the right leg kicks toward the right backside. Eyes look at the right foot. (Figure 55)

Key points: when the left leg standing alone, keep the barycenter steady; the right leg kicks at a certain height with the force reaching the heel.

图 56

32. 二起脚 Jumping kick twice

（1）接上势。右脚向左脚内侧落脚并步，身体下蹲成蹲步；同时，身体左转，左拳抱于腰间，拳心向上；目视前方。（图 56）

(1) Follow the above posture, the right foot falls and bring together to the interior of the left one, squat the body to be the squat stance. Simultaneously, turn the body to the left, hold the left fist on the waist with the fist-palm up. Eyes look forward. (Figure 56)

图 57

（2）上动不停。左脚屈膝跳起，右腿同时向上弹踢，膝盖挺直、脚面绷紧；同时，右拳变掌，向前拍击右脚面；目视右掌。（图 57）

(2) Don't stop the above action, bend the left knee to jump up, snap kick upward with the right leg, straightening the knee, tightening the instep. Simultaneously, change the right fist into palm, slap the right instep forward. Eyes look at the right palm. (Figure 57)

图 58

33. 丁步亮掌 Flash palm in T-stance

（1）接上势。身体左转 90°，双腿左右分开落地；同时，双掌经腹前向左摆掌，右掌略低于左掌，两掌心均向下，掌指向左；目视左方。（图 58）

(1) Follow the above posture, turn the body 90° to the left, the two legs fall to the ground separately. Simultaneously, swing the two palms forward through the front of the abdomen, and the right palm shall be little lower than the left one, with two palms down, the fingers leftward. Eyes look leftward. (Figure 58)

图 59

（2）上动不停。左脚向右脚内侧靠拢，蹲身成左丁步；同时，两手向上、向右划掌，右掌立于身体右侧，高与肩平；左臂屈肘，左掌立于右肩前，左掌略低于右掌；目视右掌。（图 59）

(2) Don't stop the above action, put the left foot together to the interior of the right one, squat the body into the left T-stance. Simultaneously, pull palms upward and rightward. The right palm shall be in the right side of the body at shoulder level, bend the left elbow , the left palm shall be little lower than the right one and in front of the right shoulder. Eyes look at the right palm. (Figure 59)

图 60

第三段 Section Three

34. 龙盘窝 Dragon entrenches on cave

（1）接上势。左脚向左侧开半步，重心左移；同时，右腿伸直，经身前向左、向后扫腿，右腿扫至左侧时，上身前俯，两手扶地；左脚随即蹬地让过右腿；目视右脚。（图 60）

(1) Follow the above posture, the left foot takes a half-step leftward, transfer the barycenter to the left. Simultaneously, straighten the right leg and sweep it leftward and backward through the front of the body. When the right leg being swept to the left side, pronate the upper body forward, support the ground with the hands; then the left foot presses on the ground to give way to the right one. Eyes look at the right foot. (Figure 60)

图 61

（2）上动不停。左脚在右腿前落地；同时，右腿继续向后、向右扫腿，成右仆步；目视右脚尖。（图 61）

要点：扫腿时手和脚配合，协调一致，扫腿迅速，干净利落。

(2) Don't stop the above action, the left foot lands to the ground before the right leg. Simultaneously, the right leg continues to sweep backward and rightward to form the right crouch stance. Eyes look at the right tiptoes. (Figure 61)

Key points: harmonize the hands with the feet when sweeping the leg, which shall be quick and efficient.

图 62

35. 仙人照镜 Immortals looks into mirror

接上势。身体提起，右脚经左脚前向左侧跨一步，落于左脚外侧，向下蹲身成歇步；同时，右臂屈肘，向上摆掌至左耳侧，掌指向上，掌心向右，高与耳平；左臂屈肘，左掌托于右肘下，掌心向上，掌指向右；目视右方。（图 62）

Follow the above posture, raise the body, the right foot strides a step leftward through the front of the left one, and lands to the outer side of the left foot, then squat the body into the rest stance; at the same time, bend the elbow of the right arm upward and swing the palm to the side of the left ear, with the fingers up and the palm rightward at the ear level; bend the left elbow, support the right elbow with the left palm up and the fingers rightward. Eyes look at the right side. (Figure 62)

图 63

36. 迎面沙 Head-on sands

（1）接上势。起身，左脚向左侧横跨一步；同时，右掌向下、向右、向上、向左划一立圆，向左脚前方盖抓，掌心向下，微离地面；左掌向外、向上划一小圆，立于右胸前；两腿成左弓步，身体前俯；目视右掌。（图 63）

(1) Follow the above posture, the body stands up, the left foot takes a sidestep leftward. Simultaneously, the right palm pulls a upright circle downward, rightward, upward and leftward, grab to front of the left foot with the palm downward and from the ground slightly; the left palm pulls a small circle outward and upward, keep it erectly in front of the right chest. The legs shall be in left bow stance, and the body shall pronate forward. Eyes look at the right palm. (Figure 63)

图 64

（2）上动不停。右手从左脚处抓握变拳，向上摆至右侧上方，随即向左抖腕变掌，置于头右前方，掌心向左；两腿成马步；目视左方。（图 64）

要点：撒掌抖腕发力，动作幅度不宜过大，眼随手走。

(2) Don't stop the above action, the right hand grabs in the left foot and changes into fist, swing it upward to the right top, then do wrist snap to the left and change it into palm, place it the right ahead of the head with the palm leftward. Both legs form the horse stance. Eyes look at the left side. (Figure 64)

Key points: when scattering the palm and do the wrist snap to send force, the larger extent of the action shall be not suitable, the eyes shall follow the hands.

图 65

37. 分掌箭弹 Separate palms and thrust kick

（1）接上势。身体左转 90°，右脚向左脚内侧上步，向下蹲身；同时，两掌由胸前向上、向外划掌，置于腰间，掌心向上，掌指向前；目视前方。（图 65）

(1) Follow the above posture, turn the body 90° to the left, step the right foot forward to the interior of the left one and squat downward. Simultaneously, two palms pull through the front of the chest upward and outward, place them on the waist with the palm up and the fingers forward. Eyes look forward. (Figure 65)

图 66

（2）上动不停。左脚蹬地跳起，随即右腿伸直向前弹踢；目视右脚。（图 66）

要点：蹲步时大腿接近水平；弹踢时脚面绷直，力达脚面。

(2) Don't stop the above action, the left foot jumps off the ground, then straighten the right leg for snap kick forward. Eyes look at the right foot. (Figure 66)

Key points: the thigh in the squatting step shall be close to the level; straighten the instep when doing the snap kick, the force shall reach the instep.

图 67

38. 双龙出洞

Two dragons come out of the cave

接上势。两脚向下落地，右脚在前左脚在后，成右弓步；同时，两掌从腰间向前穿出，两臂微屈，掌心向上，高与肩平；目视前方。（图 67）

Follow the above posture, the feet land down to the ground with the right foot in front and the left one at back into the right bow stance. Simultaneously, the two palms thread out forward from the waist, bend the arms slightly with the palms up at the shoulder level. Eyes look forward. (Figure 67)

图 68

39. 坐莲听经

Listen to the sutra on the lotus seat

接上势。身体左转 270°，下蹲成歇步；同时，两掌由胸前向下、向外划掌，随即两掌变为剑指，屈臂于两耳侧，剑指相对，高与耳平；目视前方。（图 68）

Follow the above posture, turn the body 270° to the left and squat into the rest stance. Simultaneously, the two palms pull through the front of the chest downward and outward, then change the two palms into sword fingers, bend the arms to the sides of ears with the sword fingers opposite at the ear height. Eyes look forward. (Figure 68)

图 69

40. 罗汉托天 Arhat holds the sky

接上势。身体起立，两腿伸直；同时，两手剑指变掌，经胸前向下划掌，随即向外、向上摆架于头顶，掌心向上，掌指相对；目视两掌指。（图 69）

Follow the above posture, the body stands up, straighten the legs. Simultaneously, change the sword fingers into palms and pull them downward, then do the palm parry over the head with the palms up and the fingers opposite. Eyes look at the fingers of the two palms. (Figure 69)

图 70

41. 罗汉下山 Arhat goes down the hill

（1）接上势。左脚向左侧铲出成仆步；同时，右掌变拳抱于腰间；身体前俯，左掌经胸前向左脚砍掌，掌心向下，掌指向前；目视左掌。（图 70）

(1) Follow the above posture, the left foot shovels leftward and changes into crouch stance. Simultaneously, change the right palm into fist and hold it on the waist; pronate the body forward, the left palm chops to the left foot through the front of the chest with the palm down and the fingers forward. Eyes look at the left palm. (Figure 70)

图 71

（2）上动不停。身体左转 90°，重心前移成左弓步；同时，左掌自右膝外屈臂上架于头前上方，掌心向上，掌指向右；目视前方。（图 71）

(2) Don't stop the above action, turn the body 90° to the left, transfer the barycenter forward into the left bow stance. Simultaneously, put up the left palm over the upper part in front of the head with the palm up and the fingers rightward. Eyes look forward. (Figure 71)

图 72

42. 左右采脚 Slap left and right feet

（1）接上势。重心前移，左腿独立，右脚蹬地向前弹踢；同时，左掌变拳抱于腰间；右拳变掌，向前拍击右脚面；目视右脚。（图 72）

(1) Follow the above posture, transfer the barycenter forward, the left leg stands alone, then the right foot kick forward. At the same time, change the left palm into fist and hold it on the waist; change the right fist into palm, slap the right instep forward. Eyes look at the right foot. (Figure 72)

图 73

（2）上动不停。右脚向前落地，随即左脚向前弹踢；同时，右拳抱于腰间，左拳变掌拍击左脚面；目视左脚。（图 73）

(2) Don't stop the above action, the right foot lands forward to the ground, then the left foot kicks forward. At the same time, hold the right fist on the waist, change the left fist into palm to slap the left instep. Eyes look at the left foot. (Figure 73)

图 74

43. 二起脚 Jumping kick twice

接上势。左腿屈膝下落，在左脚尚未落地时，右脚向前迅速弹踢；同时，左掌变拳，收抱于腰间；右拳变掌，向前拍击右脚面；目视右脚。（图 74）

Follow the above posture, bend the left knee, before the left leg falls to ground, the right foot kicks forward quickly. At the same time, change the left palm into fist and draw it back on the waist; change the right fist into palm and slap the right instep forward. Eyes look at the right foot. (Figure 74)

图 75

44. 云顶 Cloud top

（1）接上势。两脚先后落地，右脚在左脚前；目视右掌。（图 75）

(1) Follow the above posture, the feet land to the ground sequentially with the right foot before the left one. Eyes look at the right palm. (Figure 75)

图 76

（2）上动不停。左脚向右脚前上一步，身体右转 90°，随即右脚向左脚后插步，两腿成交叉步；同时，左拳变掌，经胸前云托于头顶，掌心向上，掌指向右；右掌翻掌，屈臂上托，掌指向右；目视右掌。（图 76）

(2) Don't stop the above action, step the left foot forward, turn the body 90° to the right, then let the right foot insert a step behind the left one, and the legs form a cross stance. At the same time, change the left fist into palm and place it on head top through the front of the chest with the palm up and the fingers rightward; turn over the right palm, bend the arm to support upward, the fingers rightward. Eyes look at the right palm. (Figure 76)

图 77

（3）上动不停。身体右转 270°；同时，两掌掌心向上，在头顶自右向左云顶后，变拳收抱于腰间；目视前方。（图 77）

要点：云顶动作与转体要密切配合，协调完成。

(3) Don't stop the above action, the body turn 270° to the right. At the same time, keep the palms upward on the head top from the right to the left behind the cloud crown, then change them into fists and draw them back on the waist. Eyes look forward. (Figure 77)

Key points: coordinate the cloud crown action with the body turn closely to finish this action.

图 78

45. 七星 Seven star

接上势。左脚向右脚靠拢，脚尖点地，蹲身成左丁步；同时，右拳向前平冲，拳心向下，拳眼向左，高与肩平；左臂屈肘前撑，拳面抵于右肘内侧，拳心向下；目视右拳。（图 78）

Follow the above posture, put together the left foot to the right one with the tiptoe on the ground, squat in left T-stance. Simultaneously, punch the right fist horizontally, with the fist-palm down and the palm hole leftward at the shoulder level; bend the left elbow forward to support, the fist-plane presses on the inner side of the right elbow with the fist-palm down. Eyes look at the right fist. (Figure 78)

图 79

46. 马步单鞭 Single whip in horse stance

（1）接上势。身体左转 90°，左脚向左横跨一步成马步；同时，两拳外旋，屈肘合于胸前并齐，拳心向里，高与颌平；目视前方。（图 79、图 79 附图）

图 79 附图

(1) Follow the above posture, turn the body 90° to the left, stride the left foot a step leftward and form the horse stance. At the same time, two fists turn outward and bend elbows to bring together before the chest with the palms inward at the chin level. Eyes look forward. (Figure 79, Attached figure 79)

图 80

（2）上动不停。两拳分别向身体两侧平冲，拳心均向下，拳眼均向前，高与肩平；目视左拳。（图 80）

要点：两臂抱拳、冲拳要连贯一致，冲拳快速，自然弹回，力达拳面。

(2) Don't stop the above action, two fists punch horizontally toward the two sides of the body separately, with the fist-palm down, two fist-holes forward at the shoulder level. Eyes look at the left fist. (Figure 80)

Key points: hold the two fists, the straight punch shall be coherent, consistent and quick, naturally rebound, the force shall reach the fist-plane.

图 81

第四段 Section Four

47. 拦腰双撅 Grasp waist for double punches

（1）接上势。身体右转 90°，重心前移成右弓步；同时，两拳变掌，右掌向胸前划掌，随即和左掌一起向右前方划掌。右臂微屈，高与肩平，掌心向斜下方；左掌略低于右掌，掌心向右，掌指向前；目视右掌。（图 81）

(1) Follow the above posture, the body turn 90° to the right, shift the barycenter forward and become the right bow stance. At the same time, change two fists into palms, the right palm pulls toward the front of chest, then quickly pull it toward the right ahead with left palm. Bend the right arm slightly at the shoulder level, with the palm down aslant; the left palm shall be lower than right one slightly, with the palm turning to the right and the fingers forward. Eyes look at the right palm. (Figure 81)

图 82

（2）上动不停。重心后移，右脚退半步，身体微蹲成右虚步；同时，两掌抓握变拳，右拳屈臂收于右胸前，拳心向右下，左拳收于腹前，拳心向里；目视前方。（图 82）

(2) Don't stop the above action, shift the barycenter back, the right foot takes a half-step back, the body squats slightly into the right empty stance. At the same time, two palms grab and change into fists, bend the right arm and draw back the right fist before the chest with the fist-palm toward the low right, draw back the left fist before the abdomen with the fist-palm inward. Eyes look forward. (Figure 82)

图 83

（3）上动不停。右脚向前上一步，随即左脚跟半步，成右弓步；同时，双拳向前冲出，右拳高与肩平，拳眼向下，拳心向外；左拳略低于右拳，拳心向里，拳眼向上；目视双拳。（图 83）

(3) Don't stop the above action, the right foot takes a step forward, then the left foot follows a half-step and form a right bow stance. At the same time, the two fists punch forward, with the right fist at the shoulder level, the fist-hole down and the palm outward; the left fist is lower than right one slightly with the fist-palm inward and the fist-hole up. Eyes look at the two fists. (Figure 83)

图 84

48. 小鬼提鞋 Ghost lifts shoe

（1）接上势。身体略右转；同时，两拳变掌，右掌向里放于左手腕上，随即两掌翻绞成右掌在下，左掌在右手腕上；右掌掌心向上，掌指向前；左掌指斜向右方；目视前方。（图 84）

(1) Follow the above posture, the body turns to the right slightly. At the same time, change two fists into palms, the right palm turns inward and puts on the left wrist, then turn over two palms and make the right palm down and the left one on the right wrist. The right palm is up and the fingers is forward; the fingers of the left palm is rightward aslant. Eyes look forward. (Figure 84)

图 85

（2）上动不停。身体右转 90°，随即左脚抬起，向左侧上方踹腿；同时，右掌变拳收抱于腰间；左掌向左侧横推掌，掌心向下，掌指向右，高与肩平；目视左脚。（图 85）

(2) Don't stop the above action, the body turns 90° to the right, then lift the left foot and kick sideways toward the left ahead. At the same time, change the right palm into fist and hold on the waist; push horizontally the left palm leftward, with the palm down, the fingers rightward at the shoulder level. Eyes look at the left foot. (Figure 85)

图 86

49. 窝心肘 Elbow toward the heart

接上势。身体右转 90°，左脚向前落地；同时，右臂屈肘向前斜击，高与肩平；左掌外翻迎击右肘，掌心向右，掌指向前；目视右肘。（图 86）

Follow the above posture, the body turns 90° to the right, the left foot lands to the ground forward. At the same time, bend the elbow of the right arm and strike sideways forward at the shoulder level; the left palm turns outward and counterpunch the right elbow, with the palm rightward and the fingers forward. Eyes look at the right elbow. (Figure 86)

图 87

50. 反背捶 Backhand hammer

接上势。右拳自胸前向上、向前反背击出，拳眼向右，拳背向前；目视右拳。（图 87）

要点：发力迅速，力达拳背，右拳反砸后自然弹回。

Follow the above posture, turn over the right fist in front of the chest to strike upward and forward, with the fist-hole rightward and the back of the fist forward. Eyes look at the right fist. (Figure 87)

Key points: release the force quickly, and the force reaches the back of the fist, the right fist rebounds naturally after the back pounding.

图 88

51. 连环五拳 Interlink five fists

（1）接上势。右拳屈臂收回腰间，随即向前平冲，拳心向下，高与肩平；同时，左掌变拳收抱于腰间；目视右拳。（图 88）

(1) Follow the above posture, bend the right arm and draw back the right fist on the waist, then thrust horizontally forward, with the fist –palm down at the shoulder level. At the same time, change the left palm into fist and hold on the waist. Eyes look at the right fist. (Figure 88)

图 89

（2）上动不停。右拳收回抱于腰间；同时，左拳向前平冲，拳心向下，高与肩平；目视左拳。（图 89）

(2) Don't stop the above action, draw back the right fist and hold on the waist. At the same time, punch horizontally forward with the left fist, with the fist-palm down at the shoulder level. Eyes look at the left fist. (Figure 89)

图 90

（3）上动不停。左拳收回抱于腰间；同时，右拳向前平冲，拳心向下，高与肩平；目视右拳。（图 90）

(3) Don't stop the above action, draw back the left fist and hold on the waist. At the same time, thrust right fist horizontally forward, with the fist-palm down at the shoulder level. Eyes look at the right fist. (Figure 90)

图 91

（4）上动不停。右脚向前上一步，身体下蹲成左跪步；同时，右拳收回抱于腰间；左拳向前下方冲拳；目视左拳。（图 91）

(4) Don't stop the above action, the right foot takes a step forward, squat the body into the left kneel stance. At the same time, draw back the right fist and hold on the waist; the left fist strikes toward the down ahead. Eyes look at the left fist. (Figure 91)

图 92

（5）上动不停。左拳收回抱于腰间；同时，右拳向前下方冲拳；目视右拳。（图 92）

要点：冲拳要连贯迅速，一气呵成。

(5) Don't stop the above action, draw back the left fist and hold on the waist. At the same time, the right fist strikes toward the down ahead. Eyes look at the right fist. (Figure 92)

Key points: thrusting fist shall be coherent and quick without any letup.

图 93

52. 翻身连珠炮

Cannons in succession with turning-over

（1）接上势。身体左转 270°成交叉步；同时，左拳经胸前直臂外摆于身体左侧；右臂从外向上、向里摆，屈臂置于胸前，拳心向里，略低于肩；目视左方。（图 93）

(1) Follow the above posture, the body turns 270° to the left and becomes the cross stance. At the same time, the left fist passes in front of the chest and swing the straight arm outward at the left side of the body, swing the right arm from outside to upward and inward, bend the arm and put it before the chest, with the fist-palm inward, lower than the shoulder slightly. Eyes look leftward. (Figure 93)

图 94

（2）上动不停。左脚向身体左侧横跨一步，身体下蹲成马步；同时，右拳收抱于腰间；左拳屈臂向里压于左膝上方，拳心向里；目视左拳。（图 94）

(2) Don't stop the above action, the left foot strides horizontally to the left side of the body, the body squats into the horse stance. At the same time, draw back the right fist and hold on the waist; bend the left arm inward and the left fist presses on the left knee, with the fist-palm inside. Eyes look at the left fist. (Figure 94)

图 95

（3）上动不停。身体左转 90°，右脚尖内扣，重心前移成左弓步；同时，左拳收抱于腰间；右拳自腰间向前冲拳，拳心向左成立拳，高与肩平；目视右拳。（图 95）

(3) Don't stop the above action, the body turns 90° to the left, the right tiptoe turns inward, shift the barycenter forward and form the left bow stance. At the same time, draw back the left fist and hold on the waist; the right fist strikes forward from the waist with the fist-palm leftward at the shoulder height. Eyes look at the right fist. (Figure 95)

图 96

（4）上动不停。身体右转 90°成马步；同时，右拳收抱于腰间；左拳向身体左侧冲拳，拳眼向上成立拳，高与肩平；目视左拳。（图 96）

(4) Don'tstop the above action, the body turns 90° to the left and forms the horse stance. At the same time, draw back the right fist and hold on the waist; the left fist punches to the left side of the body with the fist-hole upward at the shoulder height. Eyes look at the left fist. (Figure 96)

图 97

53. 回身两拳 Turn body and punch twice

（1）接上势。身体右转 90°，左脚向右脚前上一步；同时，左拳收回抱于腰间；右拳立拳向前平冲，高与肩平；目视右拳。（图 97）

(1) Follow the above posture, the body turns 90° to the right, the left foot takes a step to the front of the right one. At the same time, draw back the left fist and hold on the waist; strike the right fist horizontally forward with the fist-hole upward at the shoulder height. Eyes look at the right fist. (Figure 97)

图 98

（2）上动不停。右拳收回抱于腰间；同时，左拳立拳向前平冲，拳眼向上，高与肩平；目视左拳。（图 98）

(2) Don't stop the above action, draw back the right fist and hold on the waist. At the same time, strike the left palm horizontally forward with the fist - plane upward at the shoulder height. Eyes look at the left fist. (Figure 98)

图 99

54. 罗汉步云 Arhat steps on the cloud

接上势。两脚向前跳起，屈右臂向上挑拳，置于右耳侧，拳心向后；同时，左拳变掌向下拍击右前臂；目视前方。（图 99）

Follow the above posture, two feet jump up forward, bend the right arm and raise the fist upward, put it at the side of the right ear with the fist-palm backward. At the same time, change the left fist into palm to slap the lower part of the right arm downward. Eyes look forward. (Figure 99)

图 100

55. 击地炮 Ground cannon

（1）接上势。两脚向前落地，身体下蹲成蹲步；同时，左掌变拳，屈臂收于右肘关节内侧；右拳向前下方冲拳；目视右拳。（图 100）

(1) Follow the above posture, two feet lands to the ground forward, squat the body into the squat stance. At the same time, change the left palm into fist and draw it back at the inner side of right elbow joint with the left arm bended; the right fist strikes toward the lower front side. Eyes look at the right fist. (Figure 100)

图 101

（2）上动不停。左拳向前下方冲拳；同时，右拳屈臂收于左肘关节内侧；目视左拳。（图 101）

(2) Don't stop the above action. left fist punches toward the lower front side. At the same time, change right arm into fist and draw it back at the inner side of left elbow joint with the right arm bended. Eyes look at the left fist. (Figure 101)

图 102

（3）上动不停。右拳向前下方冲拳；同时，左拳屈臂收于右肘关节内侧；目视右拳。（图 102）

要点：蹲步大腿成水平，两拳抖肩发力，快速连贯。

(3) Don't stop the above action, right fist strikes toward the lower front side. At the same time, bend left arm and draw back the left fist at the inner side of the right elbow joint. Eyes look at the right fist. (Figure 102)

Key points: in squatting, keep the thigh horizontal, do the shoulders snap with two fists to release force quickly and coherently.

图 103

56. 云顶 Cloud top

（1）接上势。身体起立，向右转身 90°，左脚向身体左侧横跨一步；同时，左拳变掌，经胸前向上云托于头顶上方，掌心向上，掌指向右；右拳变掌，经胸前向右云托于右侧，掌心向上，高与耳平；目视右掌。（图 103）

(1) Follow the above posture, the body stands up and turns 90° to the right, the left foot strides a step toward the left. At the same time, change the left fist into palm and hold forward above the head through the front of the chest with the palm up, the fingers rightward; change the right palm into palm and hold rightward at the right side through the front of the chest, with the palm up at the ear level. Eyes look at the right palm. (Figure 103)

图 104

（2）上动不停。右脚向左脚外侧倒一步，身体右转 270°，成高弓步；同时，两手经头顶继续向左云托，随即变拳收抱于腰间；目视前方。（图 104）

(2) Don't stop the above action, the right foot takes a step toward the outer side of the left foot, the body turns 270° to the right and form the high bow stance. At the same time, two hands continue to hold leftward through the ahead, then change into the fist, draw back and hold on the waist respectively. Eyes look forward. (Figure 104)

图 105

57. 七星 Seven star

接上势。左脚向右脚靠拢，脚尖点地，蹲身成左丁步；同时，右拳向前平冲，拳心向下，拳眼向左，高与肩平；左臂屈肘前撑，拳面抵于右肘内侧，拳心向下；目视右拳。（图 105）

Follow the above posture, put the left foot and the right one together with the tiptoes on the ground, squat the body into the left T-stance. At the same time, the right fist strikes horizontally forward with the fist-palm down, the fist-hole turn leftward at the shoulder height; bend elbow of the left arm and support forward, the fist-plane props at the inner side of the right elbow with the fist-palm down. Eyes look at the right fist. (Figure 105)

图 106

58. 马步单鞭 Single whip in horse stance

（1）接上势。身体左转 90°，左脚向左横跨一步成马步；同时，两拳外旋，屈肘合于胸前并齐，拳心向里，高与颌平；目视前方。（图 106）

(1) Follow the above posture, the body turn 90° to the left, left foot strides a step leftward into a horse stance. At the same time, two fists rotate outward, bend the elbows and bring them together before the chest, with the fist-palm inward at the chin height. Eyes look forward. (Figure 106)

图 107

（2）上动不停。两拳分别向身体两侧平冲，拳心均向下，拳眼均向前，高与肩平；目视左拳。（图 107）

(2) Don't stop the above action, two fists strike horizontally toward the two sides of the body respectively, with the fist-palm down, the fist-hole forward at the shoulder level. Eyes look at the left fist. (Figure 107)

图 108

59. 二起脚 Jumping kick twice

（1）接上势。身体左转 90°，右脚向左脚内侧上步成蹲步；同时，两拳收抱于腰间；目视前方。（图 108）

(1) Follow the above posture. the body turns 90° to the left, the right foot steps forward to the inner side of the left one and become the squat stance. At the same time, draw back two fists and hold them on the waist respectively. Eyes look forward. (Figure 108)

图 109

（2）上动不停。两脚蹬地跳起，右脚随即向上弹踢；同时，右拳变掌拍击右脚面。（图 109）

(2) Don't stop the above action, two feet jump up from the ground, then the right foot kicks forward. At the same time, change the right fist into palm to slap the right instep. (Figure 109)

图 110

60. 五花坐山 Swing arms with horse stance

（1）接上势。左脚落地，身体右转 90°，右脚在身体右侧震脚落地，随即左脚提起，扣于右膝后；同时，右掌变拳摆向身体右侧，拳心向上；左拳自腰间向上摆至头顶，拳心向上，拳眼向前；目视右拳。（图 110）

(1) Follow the above posture, the left foot falls to the ground, the body turns 90° to the left, the right foot falls to the ground with stamping the foot at the right side of the body, then raise up the left foot, put it at the back of the right knee. At the same time, change the right palm into fist to swing toward the right side of the body with the fist-palm up; the left fist swing upward to the head top from the waist, with the fist-palm up, the fist-hole forward. Eyes look at the right fist. (Figure 110)

图 111

（2）上动不停。左脚向身体左侧落步成马步；同时，左拳经胸前向下栽拳，拳面顶于左膝盖上，拳心向后；右拳内旋向上架于头部前上方约 15 厘米处，拳心向前，拳眼向下；发“威”声，目视左方。（图 111）

(2) Don't stop the above action, left foot lands at the left side of the body and become the horse stance. At the same time, the left fist punches down through the front of the chest, the fist-plane withstands on the knee with the fist-palm backward; the right fist rotates inward and parryies forward over the 15cm place in front of the head, with the fist-palm forward, the fist-hole down. Sound the voice of "wei", eyes look leftward. (Figure 111)

图 112

61. 收势 Closing form

（1）接上势。左脚向右成并步；同时，两拳抱于腰间；目视左方。（图 112）

(1) Follow the above posture, the left foot moves to the right and bring feet together. At the same time, two fists hold on the waist respectively. Eyes look leftward. (Figure 112)

图 113

（2）上动不停。两拳同时自然下垂于身体两侧；目视前方。（图 113）

(2) Don't stop the above action, two fists drop naturally at the two sides of the body. Eyes look forward. (Figure 113)

全套动作演示图
Demonstration of All the Actions

图 1

图 2

图 3

图 4

图 5

图 6

图 7

图 8

图 9

图 10

图 11

图 12

图 13

图 14

图 15

图 15 附图

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图 20

图 21

图 22

图 23

图 24

图 25

图 26

图 27

图 28

图 29

图 30

图 31

图 32

图 32 附图

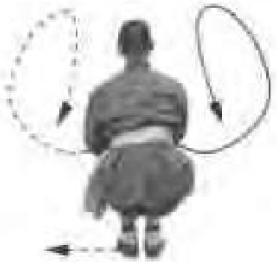

图 33

图 33 附图

图 34

图 35

图 36

图 37

图 38

图 39

图 40

图 40 附图

图 41

图 42

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图 112

图 113

БУДО-ВИДЕО

ДАННЫЙ САЙТ ПОСВЯЩЕН ХУДОЖЕСТВЕННЫМ И ДОКУ-МЕНТАЛЬНЫМ ФИЛЬМАМ О БОЕВЫХ ИСКУССТВАХ И СПОРТИВНЫХ ЕДИНОБОРСТВАХ.

КРОМЕ ТОГО, ЗДЕСЬ ВЫ СМОЖЕТЕ СКАЧАТЬ ФИЛЬМЫ С ПЕРЕВОДОМ НА РУССКИЙ (СУБТИТРЫ), КОТОРЫХ НЕТ НА ДРУГИХ САЙТАХ. НАПРИМЕР, СЕРИАЛЫ ПРО ЦУКАХАРУ БОКУДЭНА И ЯГЮ ДЗЮБЭЯ. ТАК ЖЕ, НАЧАТА РАБОТА ПО ПЕРЕВОДУ СЕРИАЛА О МИЯМОТО МУСАСИ.

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